

Hawk Football

October 25, 2013



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2013 Laguna Hills Football Schedule

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LEVEL	OPPONENT	DATE	TIME	LOCATION
Varsity	Corona del Mar	Fri., Sep. 6	7:00	Laguna Hills
JV	Corona del Mar	Thu., Sep. 5	3:15	Corona del Mar
Frosh	Corona del Mar	Thu., Sep. 5	3:15	Laguna Hills
Varsity	Northwood	Fri., Sep. 13	7:00	Laguna Hills
JV	Northwood	Thu., Sep. 12	3:15	Northwood
Frosh	Northwood	Thu., Sep. 12	3:15	Laguna Hills
Varsity	Foothill	Thu., Sep. 19	7:00	Foothill
JV	Foothill	Fri., Sep. 20	3:15	Laguna Hills
Frosh	Foothill	Thu., Sep. 19	3:15	Foothill
Varsity	Irvine	Fri., Sep. 27	7:00	Irvine
JV	Irvine	Thu., Sep. 26	3:15	Laguna Hills
Frosh	Irvine	Thu., Sep. 26	3:15	Irvine
Varsity	El Segundo	Fri., Oct. 4	7:00	Laguna Hills
JV	El Segundo	Thu., Oct. 3	3:15	El Segundo
Frosh	El Segundo	Thu., Oct. 3	3:15	Laguna Hills

Sea View League

Varsity	San Juan Hills	Fri., Oct. 11	7:00	Laguna Hills
JV	San Juan Hills	Thu., Oct. 10	3:15	San Juan Hills
Frosh	San Juan Hills	Thu., Oct. 10	3:15	Laguna Hills
Varsity	Aliso Niguel	Fri., Oct. 18	7:00	Laguna Hills
JV	Aliso Niguel	Thu., Oct. 17	3:15	Aliso Niguel
Frosh	Aliso Niguel	Thu., Oct. 17	3:15	Laguna Hills
Varsity	Capistrano Valley	Fri., Oct. 25	7:00	Capistrano Valley
JV	Capistrano Valley	Thu., Oct. 24	3:15	Laguna Hills
Frosh	Capistrano Valley	Thu., Oct. 24	3:15	Capistrano Valley
Varsity	Dana Hills	Fri., Nov. 1	7:00	Dana Hills
JV	Dana Hills	Thu., Oct. 31	3:15	Laguna Hills
Frosh	Dana Hills	Thu., Oct. 31	3:15	Dana Hills

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Silver Hawks (\$1,000 Donation)

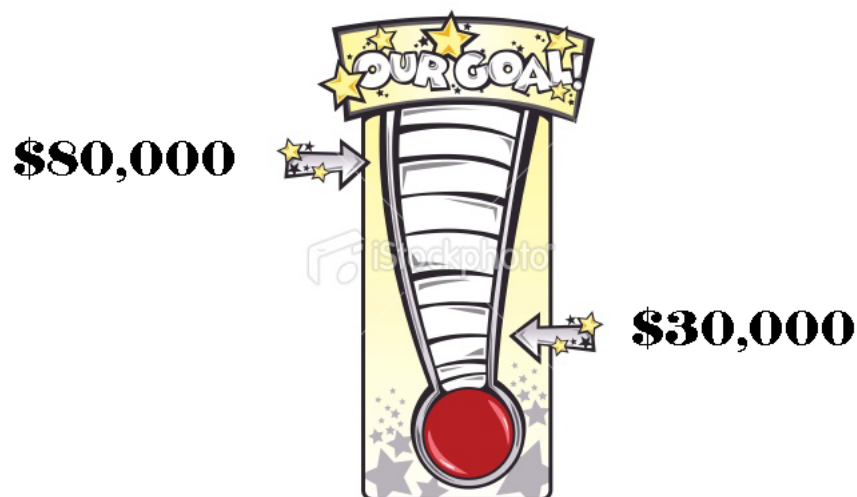
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Smith Family	Smith Family	Smith Family	Smith Family	Smith Family



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2013 Hawks Roster

#	NAME	YEAR	HEIGHT	WEIGHT	POSITION
2	Zuvich, Luke	11	5' 11"	180	QB
3	Biron, Brandon	12	5' 11"	195	RB
4	Matson, Joel	11	5' 11"	215	RB/DB
5	Jones, Reed	11	5' 10"	150	WR/DB
6	Malilay, Dane	11	6' 1"	185	WR/DB
7	Bondy, Cameron	12	5' 9"	160	QB
8	Avila, Sebastian	11	5' 10"	150	WR/DB
9	Ziering-Smith, Matt	12	5' 9"	165	RB
10	Weber, Robert	12	5' 8"	145	K
11	Simmerman, Tyler	12	6' 1"	210	RB/OLB/K
12	Westerfield, Brett	12	6' 2"	180	WR/DB
13	Hernandez, Porfirio	11	5' 9"	130	K
14	Maga, Jacob	10	6' 3"	170	WR/DB
15	Tayco, Tyler	12	5' 11"	170	DB
17	Castrejon, Kevin	12	5' 9"	170	WR/DB
18	Lucero, Matt	10	6' 1"	156	QB
19	Lee, Jared	12	5' 10"	150	WR/DB
20	Alvarez, Anthony	11	5' 6"	140	WR/DB
21	Franklin, Chad	12	6' 1"	165	WR/DB
23	Spigner, Khephren	12	5' 11"	165	WR/OB
24	Lanier, Chance	12	6' 2"	210	TE/OLB
25	Rojas, Paulo	11	5' 8"	175	TE/ILB
26	Brown, Tyler	11	5' 7"	165	RB/OLB
30	Gasga, Joshua	10	5' 6"	145	RB/DB
32	Goodloe, Robert	11	5' 11"	165	WR/DB
33	Ludwig, Ross	12	5' 11"	195	TE/ILB
34	Sedgwick, William	11	6' 2"	220	RB/ILB
35	Warren, Sam	10	5' 10"	145	WR/DB
36	Weems, Dayton	12	6' 1"	165	WR/DB
37	Stockfish, Dylan	12	5' 6"	165	RB/ILB
40	Garcia, Trevor	11	5' 6"	140	RB/DB
41	Nofsinger, Luke	12	6' 1"	185	ILB
43	Renley, Connor	12	6' 1"	190	TE/ILB
44	Hedde, Logan	10	6' 3"	205	TE/DE
45	Perales, Cameron	12	6' 1"	215	TE/DE
47	Colbeck, Spencer	11	6' 2"	175	TE/DE
48	Hamilton, Mark	11	6' 1"	215	TE/DE
52	Ballesteros, Jose	12	6' 2"	305	OL/DE
55	Rivera, Jake	11	5' 6"	190	OL/N
56	Ickes, James	11	5' 8"	170	OL/DE
58	Davisson, Douglas	11	5' 11"	220	C/N
59	Hein, Austin	12	6' 1"	260	OL
61	Chapple, Dwayne (DJ)	11	6' 1"	205	OL/DE
63	Haryung, Jake	11	6' 2"	194	OL/DE
64	Harris, John	11	5' 11"	175	OL/DE
66	Jaffe, Grant	10	6' 3"	180	OL/LS
68	Hunt, Timothy	12	6' 1"	200	OL/DE
70	Miller, Brandon	12	6' 1"	260	OL/N
71	Chavez, Eric	12	5' 10"	225	OL/N
72	Stacer, Cory	12	6' 3"	250	OL/DE
75	Manzano, Christian	12	6' 3"	300	OL/N
76	Gibson, Aaron	10	6' 3"	215	OL/N
78	McClain, Jacob	12	6' 2"	290	OL/N
81	Shahrestani, Colby	11	6' 2"	209	K
84	Martinez, Matt	11	6' 4"	210	TE/WR

2013 Varsity Hawks

LAGUNA HILLS HIGH SCHOOL 2013 VARSITY FOOTBALL



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2013 Varsity Hawks



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Hawks In The News.....

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HAWKS AIM FOR PLAYOFF

First-year varsity players will have a big role as team looks for a ninth straight trip to playoffs

HEAD COACH



Bruce Ingalls
Years at school:

15

Record: 96-65-1
Notable: Has led Laguna Hills to eight consecutive CIF-SS playoff appearances.

Players to watch



Cameron Bondy

Year: Senior

Position: Quarterback

Height: 5-foot-10

Weight: 165 pounds

Notable: Was a two-year starting QB on JV.



Khephren Spigner

Year: Senior

Position: Wide receiver/cornerback/kickoff returner

Height: 5-10

Weight: 170

Notable: Like many on the team, Spigner will be relied on to produce in his first year of varsity.

BY MARK GARCIA
ORANGE COUNTY REGISTER

LAGUNA HILLS • For the last 12 seasons, a plain black lunchbox with a Hawks sticker sits on a stool at the 50-yard line of every Laguna Hills High football practice and game.

There's no food in it, nor is it meant to carry anything perishable or nonperishable. It sits there untouched, serving as a symbol for all of the team's players and coaches.

"It's a tribute to our work ethic," said 15-year Laguna Hills Coach Bruce Ingalls.

"It's a symbol of coming to work every day, rolling up your sleeves and working harder than everybody else," he said. "That's what we believe in, because we know, year-in and year-out, we have to outwork our opponents to win games."

And year in and year out, Ingalls has his Hawks believing that despite competing against schools with a significant enrollment advantage, they can still compete and, in most cases, win.

"We've had a formula for success here for many, many years," he said. "We know what to do to compete at this level. Our kids look at it as a challenge they want to meet and dedicate themselves to compete for a league and CIF championship every year."

That work ethic has certainly paid dividends at Laguna Hills. Despite going through a high rate of turnover each season, the Hawks have qualified for the CIF-Southern Section playoffs in each of the last eight seasons, and they're not planning on snapping that streak in 2013.

"It would be disappointing if we don't qualify for the CIF playoffs this year," said Ingalls. "We feel we'll be fighting for one of those two automatic playoff berths."

Ingalls' formula for success this season will be three-pronged: 1. stop the run; 2. run the ball; and 3. play great spe-

rienced players.

"We lost a lot of starters, so consequently we've got a lot of unknown starters that have not played a lot on Friday night," said Ingalls. "We need those players to get some game experience right away."

Among those will be senior quarterback Cameron Bondy (5-foot-10, 165 pounds), who started on junior varsity last season. Bondy will be asked to manage an offense that will be mainly run-oriented. If he falters, junior Luke Zuvich (5-10, 180), who also starts at safety, lies in the wings.

With the exception of senior Khephren Spigner (5-10, 170), all of Bondy's receiving corps will be new, in tight ends Cameron Perales (6-2, 215) and Chance Lanier (6-2, 210), and wideouts Jared Lee (5-9, 165), Chad Franklin (6-1, 165) and Dayton Weems (6-1, 165).

Senior Brandon Biron (5-11, 185) will be asked to take a majority of the handoffs at running back.

"Our offense will look similar to the Stanford attack. We'll sometimes run the ball behind two or three tight ends. We want to put ourselves in as many short third-down situations as we can," Ingalls said.

That can be possible behind a solid offensive line that features four returning starters: in tackle Jacob McClain (6-3, 270, Sr.), center Austin Hein (6-1, 240, Sr.), guard Christian Manzano (6-3, 306, Sr.) and Jose Ballesteros (6-2, 285, Sr.), as well as newcomer Jake Harryng (6-2, 225 Jr.).

As good as Laguna Hills' offensive line could be, its defensive line might be just as good or better behind Perales, Ballesteros, senior Brandon Miller (6-2, 245) and senior Tyler Simmerman (6-0, 190).

"We feel the strength of our team is our fronts," said Ingalls. "We'll feel we should be able to defend the run, as well as run the ball."

Its linebacker corps won't be too shabby, either, led by ju-

THREE QUESTIONS WITH WILL

LINEBACKER SET TONE AS A LEADER

BY MARK GARCIA
ORANGE COUNTY REGISTER

Nobody heard of Wick entering league, but everybody heard of him.

The 6-3, 220-pound then-sophomore linebacker turned in a stand-out performance as a first-year starter, recording four sacks - including a remarkable 24-second sack in the first-round CIF-Southern Section playoff game at Santa Ana. He also had three sacks and two interceptions en route to earning CIF-SS View League's co-Defensive Player of the Year and first-team All-CIF honors.

1 Q. Coach Ingalls said you will have a difference from last season?

A. It's a lot different than last year. I was a sophomore fighting for a part of the team. This year, I'm a senior, so I have an opportunity to be a leader. If I'm not working my tail off, that's all of the seniors do a great job of setting examples for the team. At the same time, people look up to me.

2 Q. How huge was it for you, being named a View League co-Defensive Player of the Year?

A. It's what I wanted to do since I was a freshman. Everybody in my family wanted me to go to BYU. Anytime I can get a scholarship, that's a great thing. Now I can really focus on playing. Now the next step is trying to get to the next level. That's my new goal. I'm working hard to reach it.

3 Q. How do you want to be remembered?

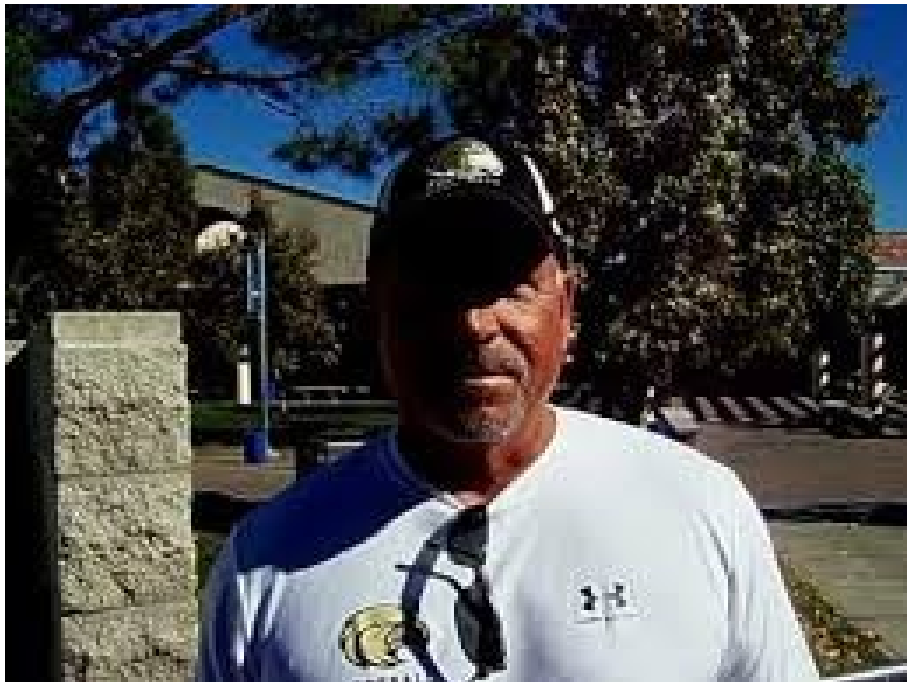
A. As a guy that played great football and was a gentleman off the field. I feel it is important to be remembered for both.



A Video Message from Coach Ingalls

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Click on the coach's image below to
hear this week's message





Highlight Clip From Last Week's Victory Over Aliso Niguel

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Click on the image of Khephren
below to watch last week's scoring highlights



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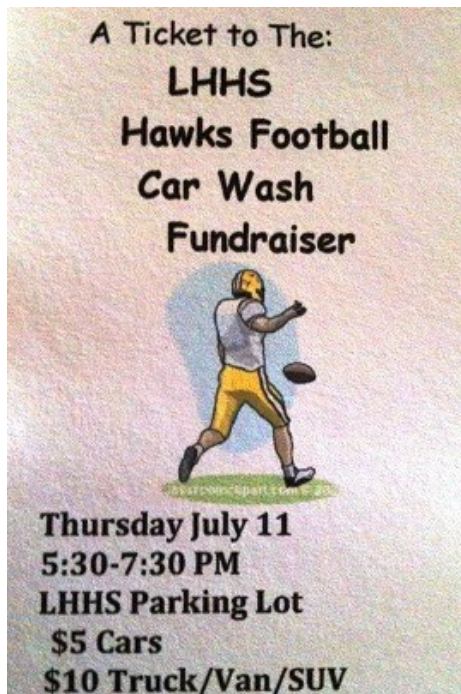


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Varsity Dinners



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~ Henry Ford ~

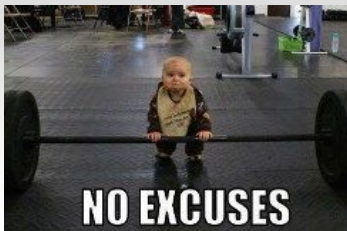
Words to play by



Large Boys in their Underwear



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Mom!....Time for a change.



Legacy of Champions

Robert Refsnyder
Hawk CIF Champion 2008

A True LHHS Hero



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2013 Mom's 101



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